What is claimed is:

1. A method of killing infectious cells comprising:

administering to an epithelium surface an effective amount of a non-ionic osmolyte, wherein

said surface has a fluid containing endogenous antimicrobials, thereby reducing the ionic strength of said fluid containing said endogenous antimicrobials and promoting antimicrobial activity against infectious cells.

2. The method of claim 1, wherein said non-ionic osmolyte is xylitol.

3. The method of claim 1, wherein said surface is external or internal.

4. The method of claim 1, wherein said surface is selected from the group consisting of an external eye, an oral pharynx, and a vagina.

5. A method of killing infectious cells comprising:

administering to an external eye an effective amount of a non-ionic osmolyte, wherein said external eye has a fluid containing endogenous antimicrobials, thereby reducing the ionic strength of said fluid containing said endogenous antimicrobials and promoting antimicrobial activity against infectious cells.

6. The method of claim 5, wherein said non-ionic osmolyte is xylitol.

7. A method of killing infectious cells comprising:

administering to an oral pharynx an effective amount of a non-ionic osmolyte, wherein said pharynx has a fluid containing endogenous antimicrobials, thereby reducing the ionic strength of said fluid containing said endogenous antimicrobials and promoting antimicrobial activity against infectious cells.

8. The method of claim 7, wherein said non-ionic osmolyte is xylitol.

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9.   A method of killing infectious cells comprising:

administering to a vaginal surface an effective amount of a non-ionic osmolyte, wherein said

surface has a fluid containing endogenous antimicrobials, thereby reducing the ionic

5   strength of said fluid containing said endogenous antimicrobials and promoting

antimicrobial activity against infectious cells

10.   The method of claim 9, wherein said non-ionic osmolyte is xylitol.